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Anti-prostitution bill faulty: Expert

Proposed law in Canada is likely unconstitutional, according to one of the architects of Sweden's anti-prostitution strategy **PAGE 10**

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LIONEL MESSI AND CO. HEAD TO THE WORLD CUP FINAL AFTER DASHING THE DUTCH'S DREAMS IN SHOOTOUT **PAGE 25**



'Wider net' cast in search for missing trio

Amber alert. Chief says members can't afford to miss any clue

Police fanned out to a city landfill Wednesday and urged rural landowners to check for anything suspicious on their property as the search for a missing Calgary boy and his grandparents continued.

It also seemed likely that the only publicly identified "person of interest" in the disappearance of five-year-old Nathan O'Brien and his grandparents, Alvin and Kathryn Liknes, would be set free Friday if he is able to provide Crown lawyers with a fixed address.

A team of seven police officers journeyed to the Spyhill Landfill, located just northwest of Calgary, and with long sticks began poking through discarded items.

Police spokesperson Emma Poole said such a search was routine in a missing persons case and it was likely other landfills would be scoured as well.

"They're attempting to cast a wider net," Poole said of the officers' actions.

Earlier in the day, police Chief Rick Hanson said the ongoing missing persons case

Estate sale

Investigators said Tuesday that less than half of the attendees believed to have attended the Likneses' estate sale just prior to their disappearance had come forward to disclose what they'd seen and provide photos of any items they had purchased.

was "one where we can't risk missing anything."

"The stakes are too high," Hanson said. "We have to make sure, not only that we're doing everything possible, but we're reaching out to the community and that nobody is timid or hesitant to let us know about any piece of information that they may think is relevant."

Police have publicly identified one "person of interest" in the case, a man later confirmed to be Douglas Garland.

Garland's sister is believed to be in a relationship with the Likneses' son, Allen.

On Wednesday, Garland appeared in court via CCTV in relation to identity theft charges. He hardly spoke but leaned forward to stare at a camera feed of the judge multiple times, claiming he suffered from "bad eyesight."

Indications from both Crown prosecutor Shane Parker and defence lawyer Kim Ross were that Garland would be let out on bail Friday if he provides a fixed address.

After proceedings Wednesday, Ross made it clear he'd only been retained to address Garland's identity theft charges.

"I have absolutely no knowledge of anything else other than the charges that are before the court here today," he said.

Police have stated repeatedly they have not identified a motive in their investigation.

Metro reported Tuesday that a company founded by Alvin Liknes, Winter Petroleum Ltd., had gone bankrupt just weeks prior to his disappearance, but a top official with the organization said he didn't see a connection between the two events.

CBC News reported Wednesday that a source close to the police investigation told reporters with the public broadcaster that there was "bad blood" between Garland and Alvin Liknes over money.

Metro hasn't been able to confirm a business tie between the missing grandfather and Garland.

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SHE'S STILL THE ONE

Shania Twain makes her first of two appearances at the Saddledome Wednesday night as a part of the Virgin Mobile Stampede Concert Series. Twain is the first of four country acts to take the Saddledome stage during the Stampede. CANDICE WARD/FOR METRO

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Bills

Advocates question delay for new tobacco laws

Anti-tobacco activists are accusing the province of “dragging its heels” and delaying the implementation of tobacco-reduction laws almost eight months after the bill was first past.

Les Hagen, executive director of Action on Smoking and Health, said the group is concerned the bill won't be proclaimed before the next election.

“There are lots of bills that have ended up in the graveyard,” said Hagen.

Passed in November 2013, Bill 206, the Tobacco Reduction Amendment Act, and Bill 33 set out to ban flavoured tobacco and institute laws against the use of water pipes and smoking in cars with children.

Both bills were recently named in Alberta Health's annual report, which listed them under the department's yearly goals.

Hagen said the bills are far from being an achievement for the ministry.

“This is an unusually long delay,” Hagen said. “We're very worried that these bills might not be fully proclaimed before we have a change of guard.”

According to Matthew Grant, spokesperson for the health minister, the ministry has had “quite an aggressive legislative agenda” recently and the regulations for the legislation are being developed.

“I can confirm for you that the two pieces of legislation passed last fall continue to work their way through the regulatory process and will be implemented when that process is complete,” he said in an email. **LEAH GERMAIN/METRO**



A new city survey suggests Calgarians may not be so cheased with cab service in the city. METRO FILE

Taxi cab confession: You like the service

Findings. Survey uncovers high degree of satisfaction among local respondents

Tempers seem to rev up on the weekends over the lack of available taxis in Calgary, but respondents to a new city survey appear, by and large, to have parked their complaints.

The survey conducted from April 24 to May 11 by Leger found 86 per cent of citizens are satisfied with city taxi service.

The approval for cabbies themselves was even higher — 93 per cent — but dipped some when respondents were asked about dispatch systems, with only seven of 10 approving of efforts to answer calls.

By the numbers

The Leger survey on satisfaction with Calgary taxi service polled 500 people at random over the phone and has a margin of error of plus or minus 4.4 percentage points, 19 times out of 20.

The survey was presented to the Taxi Limousine Advisory Committee earlier this month and provided to Metro this week.

“It's good news — Calgary taxi drivers are doing a great job,” said Tongjie Zhang, TLAC's chair.

But Sandy Jenkins with the Voters For Taxis consumer advocacy group said he believes the data may be skewed, as many of the people he's talked

to no longer turn to taxis as their No. 1 option for a ride home. Satisfaction with service did dip somewhat to 80 per cent during the holiday season.

“They've given up,” Jenkins said. “They phone their mother, they get a designated driver. I have people tell me, ‘I've never taken a taxi in my life.’”

The Leger survey found 60 per cent of respondents had taken a taxi sometime in the past year, while nine per cent had used a luxury sedan service, four per cent had hopped in a limo and five per cent had tried out a car-sharing program.

Dispatchers still appeared to be the key link between cab customer and driver, with 89 per cent of respondents identifying a standard phone call as their primary method for arranging a ride.

But drivers have lamented

that some patrons phone multiple cab companies and then hop in with the first vehicle that arrives, leaving the other stragglers with what's known as a “no-trip.”

During a ride-along with United Cabs president Rupinder Gill over the weekend, Metro logged more than 50 no-trips among his 65-vehicle fleet in a single hour.

About a quarter of survey respondents admitted to “abusing” the dispatch system in such a manner.

JEREMY NOLAIS/METRO

More online

For a full copy of the Leger survey on taxi service, head to metronews.ca.



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Tests for drugged drivers decline with fewer specially trained cops

DRE. In 2014, just three evaluations have been done on drivers suspected of being high behind the wheel



BRYAN WEISMILLER
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Fewer suspected high drivers are being tested as Calgary's team of drug-recognition experts continues to be plagued by attrition.

In 2014, only three evaluations have been done on motorists suspected of sitting high behind the wheel.

That's down from a total of 11 completed tests last year and 23 in 2012.

The dip in the drug-impaired tests comes as the number of DRE agents has fallen to five from 20 over the same span — one more than the Red Deer Mounties, who patrol a much smaller population.

Edmonton, for further com-

Quoted

"I don't think drug-impaired driving is going down by any stretch of the imagination."

Const. Andrew Fairman of the Calgary Police Service

parison, has 20 DRE officers who have conducted 28 evaluations to date.

Asked why Calgary has seen its DRE ranks dwindle over the past, Const. Andrew Fairman, one of the city's last remaining drug-recognition experts, explained many of his colleagues have been promoted to office jobs or plain-clothes duty, where it's much more difficult to answer the police radio calls for test.

"Guys just let their certification expire because we have to maintain that certification by doing evaluations over a two-year period, he said. "There's a minimum number and there's ongoing training that has to occur."

Fairman also noted federal funding has dried up, although the province did commit a one-time grant of \$160,000 in 2012 to support an expert coordinator.

In September, Fairman hopes to send a few more officers to Edmonton to be certified on the 12-step tests that are typically needed to lay criminal charges.

Some have called on Ottawa to move away from the DRE system all together.

Western University law professors Erika Chamberlain and Robert Solomon recently declared it unwieldy and hard to use in a study done for MADD Canada.

"The DRE process is cumbersome, expensive, and readily susceptible to legal challenge, and thus appears to be of limited utility in criminal prosecutions," the researchers said.

Police chief Rick Hanson has previously called on the federal government to enter "the 20th century" by approving roadside devices that detect street drugs such as pot, cocaine and crack.



A Calgary Police Service officer pulls over motorists during a day-time checkstop, in an undated Metro file photo. Police are making fewer drug impaired arrests because of a dwindling number of experts who can recognize the impairment. METRO FILE

Calgary Homeless Foundation gets \$31M boost from feds



Diana Krecsy, Calgary Homeless Foundation president
ROBSON FLETCHER/METRO

The federal government pledged \$31 million to the Calgary Homeless Foundation (CHF) Wednesday and backed a "housing first" approach toward combating homelessness, in general.

Calgary Centre Conservative MP Joan Crockatt made the announcement in Calgary, saying the "evidence-based" approach is "the most effective way" to help homeless people.

"We have now made housing first the cornerstone of our homeless-partnering strategy," Crockatt said.

In practical terms, she added, that means providing homeless people with "stable housing first, followed by the support and treatment they need to deal with those underlying issues, rather than the other way around."

It's an approach that has

the backing of CHF president Diana Krecsy.

"It works for individuals and it works for families," she said. "It works ethically, and it works economically. Everyone is housing-ready."

Crockatt said it's still being determined exactly how the money will be doled out to the CHF over the next five years, but it will be up to the foundation how and where to

use the money.

Krecsy said those decisions will be made in consultation with local agencies and advocates, adding that the "very critical funds" will be directed "where they're needed most."

The CHF aims to build 240 low-cost housing units in the next four years, she added, and some of the funds will be used for that.

ROBSON FLETCHER/METRO

Quoted

"All of us benefit when a homeless person or somebody who's really in need finally has that opportunity to be in a safe place where they can get their life back."

Calgary police Chief Rick Hanson

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Lot 18 near the Calgary Stampede grounds is among the places where attendees of the Greatest Outdoor Show on Earth can leave their vehicles parked overnight until 8:30 a.m. CANDICE WARD/FOR METRO

Less-sober revellers urged to leave their rides in Stampede lot

Park your steed.
Advocate tips hat to increased exposure for parking option



JEREMY NOLAÏS
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If you guzzle a few wobbly pops at this year's Stampede, keep your steed hitched on site overnight.

That's the message behind a new partnership between Alberta Transportation and the The Greatest Outdoor Show on Earth.

Attendees have long been allowed to leave their cars parked in designated Stampede lots until 8:30 a.m. the next morning, but it was believed such an option wasn't

widely known. An online search for such information yielded few results Wednesday.

But the province and Stampede members hope that new signs put up in the parking lots and plastered to walls near alcohol-serving hot spots will change that.

"We're always urging people to find safe ways home," said Stampede spokesperson Jennifer Booth.

Such initiatives are not unheard of; the Calgary Parking Authority ran a similar program for bar patrons full of Christmas cheer this past December.

Terry Hughes, president of the Calgary chapter of Mothers Against Drunk Driving, said extended parking schemes are only as good as the promotional efforts behind them. MADD has maintained that those planning to drink at the Stam-

Stakes

Between 2008 and 2012, 471 people in Alberta were killed and another 7,300 were injured in collisions in which at least one driver had consumed alcohol, according to data from Alberta Transportation.

- For a map of the lots included in the Park Your Steed campaign, head to saferoads.com/stampede-parking.html.

pede are best to leave their rides at home to ward off any late-night temptation to get behind the wheel.

But Hughes added, "Hats off to the Stampede for doing this.... Now, it needs to become more of a standard elsewhere."

Forest fire in Banff still burning, but contained

Efforts to control a forest fire in Banff National Park have been successful in containing the blaze and directing it toward natural fireguards, Parks Canada and Alberta Environment said Wednesday.

The 550-hectare "burn-out operation" on the west end of the wildfire is now complete, said officials.

The fire's total size is estimated at 2,600 hectares, with

700 hectares burning within the national park's boundaries.

"Over the next few days, fire personnel will be monitoring

and managing the burn area to reinforce the containment areas," Parks Canada said in a release.

No-stopping zones are in place on Highway 93N and Highway 11 due to fire operations and smoke in the area.

The Warden Lake Trail closure remains in effect, as does a closure to boat traffic on the North Saskatchewan River.



The Spreading Creek wildfire burns west of Calgary. COURTESY PARKS CANADA

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Calgary dad Kyle MacQuarrie plans to eat at least 30 free Stampede breakfasts over the 10-day cowboy season. METRO FILE

Eating his way to a better world

Pancakageddon. Kyle MacQuarrie is downing sausages and pancakes for charity at the Stampede

BRYAN WEISMILLER
bryan.weismiller@metronews.ca

What started as a silly stunt to binge on free sausages and pancakes has now flipped into a charitable quest.

Kyle MacQuarrie garnered headlines this week with his so-called "pancakageddon" in

which he aimed to eat upward of 30 to 40 cowboy breakfasts over the 10-day Calgary Stampede festivities.

Since then, some of corporate Calgary has agreed to pitch in anywhere between \$10 to \$20 per plate he puts back. MacQuarrie's employer, Marketwire, has also agreed to match the donations up to \$1,000.

In the end, the Calgary dad expects to raise roughly \$2,500 for the Calgary Inter-Faith Food Bank and the Juvenile Diabetes Research Foundation.

"Here I am eating this much food, and there are

people out there who don't have it," he said when asked how he selected the beneficiaries. He also added that his family has ties to diabetes.

MacQuarrie downed his 21st free breakfast on Wednesday, leaving roughly 14 left to conquer over the next four days.

He described the support as "absolutely amazing."

Heninger Landscaping Inc. has pledged \$15 per breakfast.

Owner Jason Heninger says his pal has an insatiable appetite — not for hotcakes, but to beat his personal challenges.

"He's driven," Heninger said.

Alberta Fish and Wildlife

Ten charged after 36 animals shot and left in the Edson area

Ten people have been charged after 36 animals were found shot and left to waste in the Edson area, according to Alberta Fish and Wildlife.

Twenty-six deer, five moose, four elk and one black bear were found in November of last year.

Thanks to tips from the public, suspects were identified.

METRO

Chief Chiniki Restaurant. Arsonist gets 2 years in jail

An arsonist who burned down the iconic Chief Chiniki Restaurant on the Trans-Canada Highway west of Calgary has been sentenced to two years in prison, according to police.

Noel Twyoungmen, 22, of the Stoney First Nation pleaded guilty to one count of arson and on Wednesday received a federal sentence, Cochrane RCMP Cpl. Matt Pumphrey said in a release. The fire happened on Aug. 21, 2012, and completely destroyed the restaurant, which was described as a bridge between aboriginal and

non-aboriginal cultures in the area. Police estimate the damages at over \$1 million.

ROBSON FLETCHER/METRO



The aftermath of the fire. METRO FILE

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'Stay Calm and Aim for the Head': Local novel bites into zombie clichés



Author Belinda Dunford
PHOTO SUBMITTED

Lovers of the popular zombie genre will have a brand new book to sink their teeth into — and it's written by a Calgary author.

Stay Calm and Aim for the Head is a brand-new horror novel written by 24-year-old Belinda Dunford, a graduate of the University of Lethbridge.

"I was with a friend in

Kananaskis, and we started thinking of how creepy it would be if there were zombies in the woods. It just kind of went from there," said Dunford.

The novel aims to provide a different kind of zombie experience, but also make fun of the standard horror tropes that make their way into a

variety of movies, novels, and video games. It was first published at the end of February.

An independent publisher from Australia, called Severed Press, published the book. It's available through several independent bookstores, and a few copies are in circulation in the Calgary Public Library.

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Keys to Recovery executive director Karen Crowther and BJ, one of the he moved in on Wednesday. ROBSON FLETCHER/METRO

The key to persistence:

Treating addictions and homelessness. Relapses part of the process: executive director of Keys to Recovery



ROBSON
FLETCHER
robson.fletcher@metronews.ca

After spending most of his adult life on the streets of Calgary, battling alcoholism and depression, BJ finally found an apartment to call his own at age 38, but that was far from the end of his struggles.

"It was kind of hard transitioning," the now 41-year-old said. "I'd never had a

place before, like, living on my own."

That changed when he connected with a local organization called Keys to Recovery in 2011, which at that time had only been operating in Calgary for about a year.

They provided BJ with a stable place to live and regular visits from case managers to help him with his alcohol addiction. Still, staying sober remained a challenge, and his most recent relapse came earlier this year.

"Right now, I'm just about three months sober," he said Wednesday, while moving into a new apartment, one of 21 units in a recently renovated block that Keys to Recovery just opened this week.

For executive director



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organization's long-time clients, outside a new apartment block where

recovery is local group

Karen Crowther, BJ is case in point of why the organization's approach to addiction treatment works.

"It's an informal motto that we just don't give up on you," she said. "The kind of traditional way of doing addiction services is abstinence-based, so that means if you relapse, you're discharged immediately, and back to the streets you go."

Crowther said she and her staff have seen some "pretty nasty relapses" from clients who, years later, are well on the road to recovery.

"It takes a long time to recover from the trauma of the streets, let alone the addiction," she said.

Keys to Recovery also hires case managers — "by

design," Crowther said — who have battled addiction themselves.

For another resident of the new apartment block, who didn't want her name printed, that "makes a huge difference."

"They have their own, personal experience and can relate to you a lot more," she said. "Having that actual connection with them just makes it a lot more comfortable."

BJ agreed, and said his own experiences with Keys to Recovery staff have been life-changing.

"I'm really glad to be part of this program, and that they haven't given up on me," he said. "If not, I'd probably be dead."

their income.

- Staff provide clients with guidance on addictions, navigating the justice system, vocational training, health care and "whatever they need to maintain their sobriety and their housing."

Housing

Executive director Karen Crowther said Keys to Recovery provides housing for 85 people in Calgary; 59 in three dedicated buildings, and 26 in "scattered site" units.

- Clients pay rent that amounts to 30 per cent of

Suspected CTrain voyeur confronted over alleged up-skirt recording: Police

City police are hunting a CTrain rider who was allegedly spotted using his camera phone to potentially record images under a woman's dress.

The allegations stem from an LRT trip between the downtown core and Shawnessy Station in a roughly 25-minute period starting just after noon

on June 2.

"A witness subsequently made the victim aware, who then confronted the man," police officials said in a news release. "Once confronted, he ran from the CTrain at City Hall Station."

Authorities describe the "person of interest" as Asian, clean shaven, in his mid-20s

with shorter black hair. He was reported to be wearing a black jacket, blue jeans, black runners and had a black backpack with a white TELUS logo on the front.

Police urge anyone with information to call them at 403-266-1234 or Crime Stoppers anonymously at 1-800-222-8477. **METRO**



Police want to speak with this rider. COURTESY CALGARY POLICE SERVICE

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Overdose. Alleged sex worker in court after Google exec dies on yacht

An alleged high-end prostitute accused of injecting heroin into a Google executive on his yacht in Santa Cruz and leaving him to die when he overdosed appeared in court on Wednesday on manslaughter and heroin charges.

Alix Tichelman, 26, in handcuffs and a red jumpsuit, did not enter a plea and was appointed a public defender. She is being held on \$1.5-million bail.

Police are also investigating Tichelman in connection with a similar incident in another



Alix Tichelman

SANTA CRUZ POLICE/THE ASSOCIATED PRESS

state, Santa Cruz Deputy Police Chief Steve Clark said.

THE ASSOCIATED PRESS

Egging

Bieber gets two years' probation

Justin Bieber has pleaded no contest to a misdemeanor vandalism charge for throwing eggs at a home in his Calabasas neighbourhood, and he's been sentenced to two years' probation.

Bieber was also ordered to pay \$80,900 in damages, complete five days of community labour and a 12-week anger-management program, and stay away from the victim and his family for two years.

The Grammy-nominated singer was not present for the Wednesday arraignment at Superior Court in Van Nuys, Los Angeles. THE ASSOCIATED PRESS

Anti-prostitution bill has major flaws, expert warns

Human rights issues.

Adviser on Swedish anti-prostitution law, which Tories hope to emulate, says new bill may be unconstitutional

One of the architects of Sweden's anti-prostitution strategy — a model the Conservatives are trying to emulate — says the proposed new law is likely unconstitutional.

A provision of the Tory bill that still criminalizes prostitutes in some circumstances

Critical

"It targets those who are victims of, first of all, a human rights violation, but also a crime."

Gunilla Ekberg

is also a violation of Canada's Charter of Rights and Freedoms, as well as international human rights obligations, lawyer Gunilla Ekberg said Wednesday.

Ekberg is a Canadian citizen who was an adviser for the Swedish government in the 1990s when it crafted a law that makes it illegal to be a pimp or a john, but not a prostitute.

The Harper government has tabled a similar bill in response to last year's decision by the Supreme Court of Canada.

Earlier, this week, Justice Minister Peter MacKay said he fully expects another challenge to the law, but he wouldn't say where it might be vulnerable.

Still, witness after witness, including Ekberg, sex workers, Manitoba's attorney general and a coalition of more than 200 legal experts, focused on the provision that still allows the police to arrest a prostitute under certain circumstances for communicating for the purpose of selling sex. THE CANADIAN PRESS



A sex trade worker is shown in downtown Vancouver. An expert says the federal Tories' draft law is likely unconstitutional. JONATHAN HAYWARD/THE CANADIAN PRESS

U.S. border officials decry immigrant children crisis

Top Obama administration officials told senators Wednesday they're struggling to keep up with the surge of immigrants at the southern border, acknowledging they've been overwhelmed as children show up by the tens of thousands from violence-torn

Central America.

"We have not been what I would say successful yet" in ensuring that the unaccompanied kids are processed by the Border Patrol as quickly as required, Federal Emergency Management Agency Administrator Craig Fugate

Critical

"(The situation) is difficult and distressing on a lot of levels."

U.S. Customs and Border Protection commissioner Gil Kerlikowske

testified before the Senate Homeland Security and Governmental Affairs Committee.

Gil Kerlikowske, the U.S. Customs and Border Protection commissioner, said that the number of children picked up since October now

stands at 57,000, up from 52,000 in mid-June, which is more than double what it was at the same time last year.

The testimony came a day after President Barack Obama appealed to Congress to give him \$3.7 billion in emer-

gency spending to deal with the crisis.

The crisis gave Republicans a fresh opportunity to question the administration's competence even as it complicated the debate over the nation's fractured immigration laws. THE ASSOCIATED PRESS

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Ole! Bull gores author who co-wrote guide to surviving Pamplona

San Fermin fiesta.

The 32-year-old author from Chicago is a longtime participant in the annual street party

An American who co-authored the book *Fiesta: How to Survive the Bulls of Pamplona*, became a victim of a bull Wednesday when he was one of two men gored at the annual Spanish San Fermin festival.

Bill Hillmann, a 32-year-old from Chicago and a longtime participant in the nine-day Pamplona street party, was gored twice in the right thigh during one of the daily bull



Bill Hillmann is carried on a stretcher after being gored by a Victoriano del Rio bull in Pamplona, Spain on Wednesday. M.J. ARRANZ/THE ASSOCIATED PRESS

runs, organizers said on their website.

The injury was serious but not life-threatening, the Navarra regional government

said in a statement.

A 35-year-old Spanish man from Valencia was also in serious condition after being gored in the chest during the same run on the festival's third day, the statement said.

The six fighting bulls run along a 850-metre course from a holding pen to Pamplona's bull ring in a tense and dramatic few minutes immortalized in Ernest Hemingway's 1926 novel *The Sun Also Rises*.

San Fermin is one of Spain's most famous fiestas and attracts thousands of foreign tourists every year.

Three other Spaniards who fell during the run were being treated in Pamplona hospitals.

THE ASSOCIATED PRESS



Northeast U.S. rocked by thunderstorms

A downed tree lays atop a crushed car Wednesday in Philadelphia. Storms caused huge amounts of damage in parts of the northeast United States after severe thunderstorms rolled through several states. Four people were killed and four homes were destroyed in New York. Scan the photo with your Metro News App to see more photos of the storm's aftermath. MATT ROURKE/THE ASSOCIATED PRESS

New Mexico

Man cleaning car mistaken for thief

An American Indian artist says police in New Mexico pulled a rifle on him after his dog pooped in his SUV and a woman mistook his cleanup efforts for a burglary.

According to a police report, the officer detained Mateo Romero when a woman reported a burglary in progress at her home.

THE ASSOCIATED PRESS

Wayne County

Soccer player faces murder charge

A Detroit-area soccer player, accused of killing a referee with a punch to his neck, was charged Wednesday with second-degree murder.

The charge against Baseel Abdul-Amir Saad was announced eight days after John Bieniewicz, 44, died from his injuries. Saad, 36, had been charged with assault before Bieniewicz died July 1. THE ASSOCIATED PRESS

Cook County

Jail visitor trapped inside for 30 hours

A visitor to Chicago's Cook County Jail was trapped inside for about 30 hours over the July Fourth weekend.

Jail executive director Cara Smith says the door closed, locking the visitor inside from about 6 p.m. Saturday until 1 a.m. Monday. Smith says the man pounded on the door, but its thickness muffled his efforts. THE ASSOCIATED PRESS

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NBA's No. 1 draft pick doesn't pick No. 1 sports brand

Andrew Wiggins.

Canadian basketball phenom opts for underdog Adidas over powerhouse Nike

Andrew Wiggins will wear Adidas with the Cleveland Cavaliers.

The No. 1 overall pick in the draft, Wiggins wore the apparel company's gear while starring last season for Kansas. He chose to stick with Adidas rather than sign with a rival such as Nike in what's being called "an unprecedented partnership."

The deal announced Wednesday is believed to be worth more than \$2 million per year.

Twitter



"Been waiting for this day. Happy to be joining the @adidasshoops fam!"

Andrew Wiggins, the No. 1 overall pick in the 2014 NBA draft, in a tweet about his new shoe deal

"Joining the Adidas family is a blessing and an honour and I am extremely excited for what lies ahead," Wiggins, from Vaughan, Ont., said in a statement.

Adidas owns a fraction of the marketplace at about three per cent, according to retail tracking firm SportsOnceSource, while Nike dominates at close to 95 per

cent with help from its Jordan brand. But the move to sign Wiggins signals a bold move by the German company to build its basketball business around young, up-and-coming stars.

Wall and Lillard, for example, were both first-time all-stars this past season. The move also represents a level of comfort for Wiggins, who tweeted out a photo of himself Wednesday wearing an Adidas shirt and a KU cap. The Jayhawks have worn gear from Adidas since 2005, which means Wiggins wore their shoes and apparel during his only season in college.

"Been waiting for this day," Wiggins said in his tweet.

"Happy to be joining the @adidasshoops fam!"

THE ASSOCIATED PRESS



Apparently, Sega is still around, and so is Ripley

This video game image provided by Sega shows the character Ellen Ripley, voiced by Sigourney Weaver, in a scene from *Alien: Isolation*. Weaver, who portrayed unflappable officer Ellen Ripley in the *Alien* film franchise, is reprising her role for the upcoming video game, set after the events of the original 1979 film. She says she picked up right where she left off in filmmaker Ridley Scott's masterful first instalment. SEGA/THE ASSOCIATED PRESS

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Broke records

Brazil's epic defeat a GOAAAAAL! for social media

Germany's stunning 7-1 World Cup semifinal win over Brazil broke records for the number of goals — but it also triggered record-breaking

activity on Facebook and Twitter.

Facebook reported fan activity during the Tuesday match topped 200 million with some 66 million users liking, commenting, sharing and posting. That made it the highest level of conversation on Facebook for any single World Cup match to date, said Facebook. TORSTAR NEWS SERVICE

Alta. finance minister

Plans for national securities regulator riles up Horner

Alberta Finance Minister Doug Horner is not pleased with the announcement that four provinces are ready to sign up to create a new na-

tional securities regulator.

Horner says this only confirms longstanding fears that Ottawa will steamroll ahead with changes without the support of its two largest markets — Alberta and Quebec.

He says he will continue to improve the current system of provincial control.

THE CANADIAN PRESS

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IT'S IN REVELATIONS, PEOPLE!

I don't want to alarm anybody, but the latest sign of the apocalypse is upon us: I made dinner, all by myself.

The ancient texts are clear about the unusual sights that will greet the final days of mankind: Rivers will run with blood, the sky will turn black, and John Mazerolle will make a nice beef stroganoff, served with red wine and a store-bought apple tart.

Behold! Tremble!

Preparing a meal might not seem like a cosmic event to you, but for a culinarian like myself it was at the very least a moment of historical significance — up there with the fall of the Berlin Wall or that time Picard joined the Enterprise senior staff for their poker game.

For the first time in my life, I made an honest-to-goodness meal.

Like, with ingredients and measuring cups and everything. No misspelled food like X-Treem Kreem Cheez. No microwave.



HE SAYS
John Mazerolle
metronews.ca

Not even a single package of powder to sully the fingertips.

What drove me to such a strange place? Well, I'd like to have children some day. And as much as I'd like to buy 10,000 boxes of Pizza Pops and say, "See you when you're 18!" I figure I should learn to make meals so that my kids can tell me how they'd rather starve than eat the disgusting garbage I make.

You know, like a normal family.

Cooking is such an unusual activity for me that when I called my dad to ask what makes a good corn-oil substitute I could hear his confused blinking over the phone. When the realization of what I was planning to do dawned on him, he panicked.

As far as he was concerned, I'd just said, "Hey

Dad! Found a landmine at the beach and was planning to rip her open. Should I use a chisel or go right at 'er with the hammer?"

He wanted to know if my girlfriend would be around to help

(i.e. put out fires), or if maybe I'd prefer to make Hamburger Helper, or have an apple.

If it had been a movie, he'd have appeared from the future covered in beef stock telling me not to make the dish, lest humanity be destroyed. It was all very encouraging.

But I forged on, and **learned a few important culinary tips** along the way. For instance:

* **Onions** come in at least two colours (yellow and white).

* There is **prepared mustard**, though I'm not sure what it knows that the other mustard doesn't.

* **Hot oil** applied liberally to your thumb will burn your thumb. Who knew?

And imagine my surprise when I learned that cooking in the kitchen was pretty fun. I was actually chuckling with glee over my creation, not unlike Dr. Frankenstein if he had made dinner.

So if there are any laggards like me in the reading audience, I say put your fears or embarrassment aside and make some beef stroganoff. Or even some other meals, presuming they exist.

If you don't do it for yourself, then do it because this could be your last meal. The End Times are upon us.

SHOPPING FOR AIR QUALITY



A cyclist passes buses and taxis in Oxford Street on Wednesday in London, England. Researchers have found that concentrations of nitrogen dioxide on Oxford Street are the worst on Earth. PETER MACDIARMID/GETTY IMAGES

Oxford Street dirtiest on Earth, scientists say

London, England's Mayor Boris Johnson is under pressure to take drastic action on air pollution, after

Quoted

"To my knowledge this is the highest in the world in terms of both hourly and annual mean." David Carslaw, researcher

scientists discovered that Oxford Street is now the most polluted street in the entire world.

The mayor has previously dismissed air pollution levels in London as "perfectly fine."

However, monitoring stations on London's Oxford Street have discovered levels of nitrogen dioxide (NO₂) at up to 10 times the legal limit.

Scientists at King's College London said levels of the gas, caused by diesel vehicles, were now even higher than those found in Beijing. The toxic gas causes breathing difficulties and has been linked to increases in premature deaths and hospital admissions. POLITICS.CO.UK

Why so high?

The problem with Oxford is the sheer number of diesel buses travelling (or, more likely, standing still with engines going) and that the street's a "canyon" — tall buildings set fairly near the road so fumes can't dissipate easily.

- Modern diesel engines emit more NO₂ than petrol, and London has been switching to diesel to lower CO₂ emissions.

LONDONIST.COM

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 11 in News and page 25 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

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MetroTube

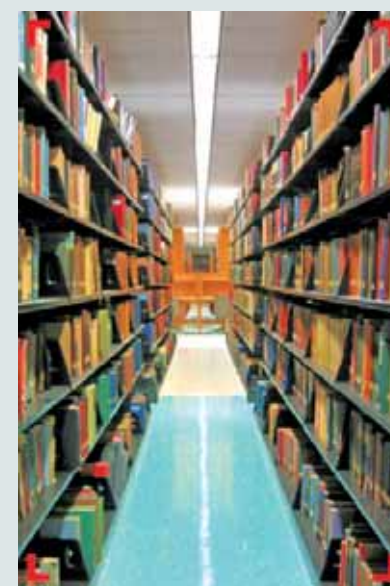
The penultimate book-sorting machine



ANDREW FIFIELD
andrew.fifield@metronews.ca

It's becoming more and more difficult to resist a link that promises rare looks captured by a Phantom drone. Like this clip, shot inside the New York Public Library's massive Queens book-sorting machine that serves as a hub for requested transfers between the NYPL's many branches.

BUT! You can see we're in the nascent days of DIY drone documentary-making. The flight is a little wobbly, and the pilot seems more interested in dizzying POV adventure than capturing what's happening. But as mentioned, these videos and the glimpses they provide are getting tough to resist. (Nate Bolt/Vimeo)



MARLENA SLOSS/THE JUNEAU EMPIRE/THE ASSOCIATED PRESS

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Man takes on the rock lickers

Comedy. Comic Daryl Makk is waging war against stupidity — with only a mic and a stand-up routine



**BACKSTAGE
PASS**
Lisa Wilton
calgary@metronews.ca

When it comes to making jokes about human stupidity, Daryl Makk has found no shortage of inspiration.

"I've been using the term 'rock lickers,'" says the Calgary-based comedian.

"I use natural selection in nature as an example of what we're doing wrong in society. We're keeping our rock lickers alive and they're breeding and that's part of the problem."

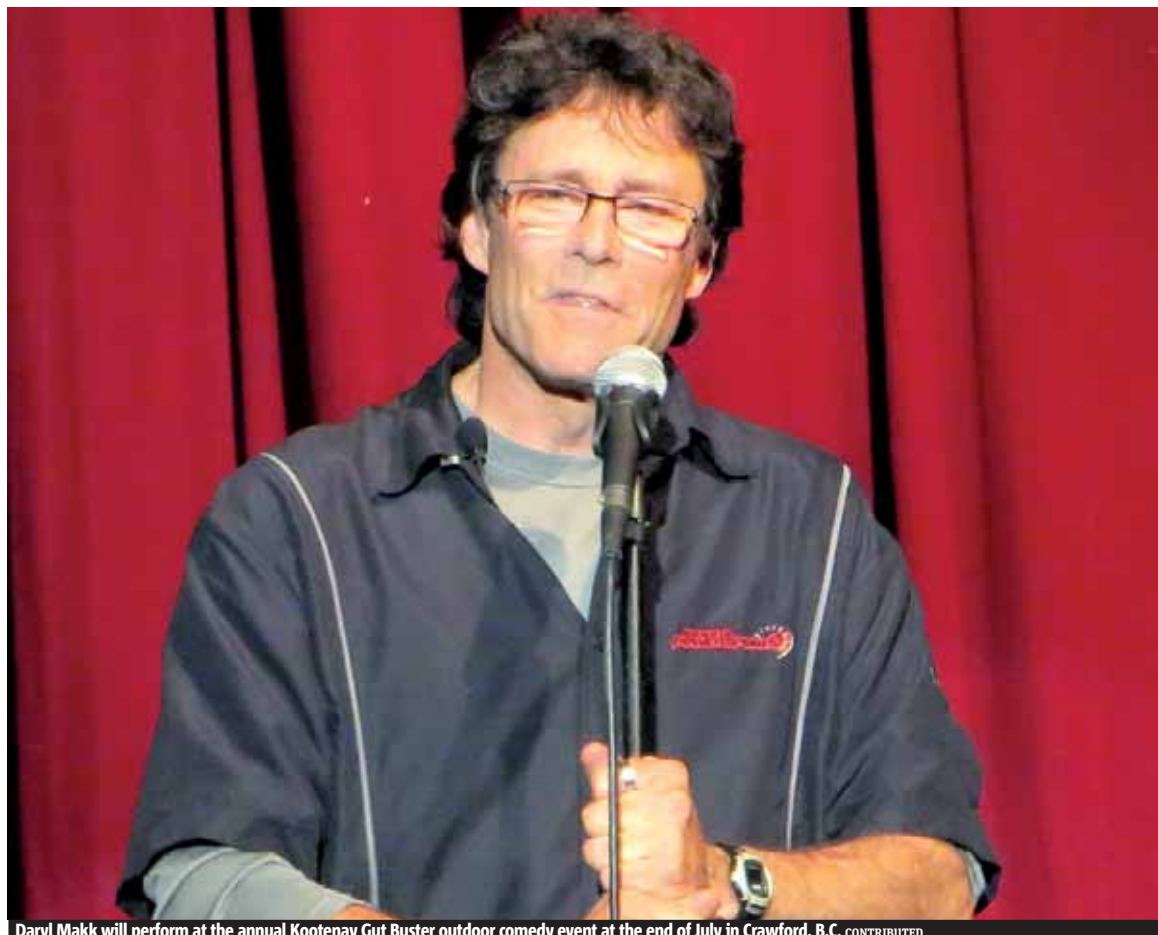
Makk has been pointing out society's flaws for the past 20 odd years and has used some of his encounters with rock lickers for comedic fodder.

His politically charged observational humour is a far cry from the prop comedy he started out doing in Winnipeg in the mid-1980s. Makk took a seven-year hiatus from comedy to "try an experiment called matrimony," and when he returned to the stage in 1993, props were long gone.

"I've been trying to get more of a social and political message in to make people wake up and think, but also laugh and have fun," explains Makk.

"I might be an opinionated comic. You don't have to like my opinion, but you can take it as a souvenir and come along for the field trip."

A fixture on the city's comedy stages, Makk is trying to bring the laughs out to the suburbs with The Comic's



Daryl Makk will perform at the annual Kootenay Gut Buster outdoor comedy event at the end of July in Crawford, B.C. CONTRIBUTED

Room, an open mic comedy night that runs every Tuesday at the Scotsman's Well Pub in Symons Valley.

In addition to running the open mic night and performing a headlining show at The Laugh Shop this weekend, Makk is gearing up for the ninth annual Kootenay Gut Buster in Crawford, B.C.

The two-day outdoor event, which takes place July 25-26, was inspired by a conversation

Makk had with a comedy agent who seemed to think people didn't like watching stand-up comedy in the summer.

Unsurprisingly, Makk thought that was the most ridiculous thing he'd ever heard. But it gave him an idea.

"People are cooped up all winter, so we thought why don't we maximize outdoor time in the summer?" he says.

"There are outdoor music festivals, so why not a comedy

concert?"

Kootenay Gut Buster features four headliners each night as well as a handful of up 'n' coming stand-ups and musical entertainment from Calgary's Marija & Shadow-stalk.

"It's a working vacation for us," says Makk.

"The audience gets to come out and have their vacation, but the comics are having a vacation at the same time."

Check it out

- Daryl Makk performs at The Laugh Shop until Saturday. For tickets, call 403-255-6900.
- For tickets and more information about the Kootenay Gut Buster, go to kgbcomedy.com

2 SCENE

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Getting in touch with his simian side

Monkey see, monkey do. Planet of the Apes motion capture man talks about living the ape life

Terry Notary is Hollywood's human shape-shifter. In a blink, he can become an elf, an ape or almost any other moving creature.

An expert in motion-capture performance, he specializes in bringing non-human characters to life on screen. He's played goblins in *The Hobbit*, a Who in *How the Grinch Stole Christmas* and a winged, dragon-like banshee in *Avatar*.

In *Dawn of the Planet of the Apes*, opening Friday, Notary plays more than 100 primates. He also taught the film's stars and stuntmen how to 'ape'.

"He's like an ape Zen master," said director Matt Reeves. "He lives in every frame that has an ape in it."

Notary demonstrated his technique during a recent visit to the Hollywood dance studio



Terry Notary has played everything from goblins in *The Hobbit* to a banshee in *Avatar*. THE ASSOCIATED PRESS

he uses to prepare for films. The compact, muscular father of four visibly transforms as he describes how apes are gut-driven and grounded. His stomach softens, his neck and shoulders slouch, his lower jaw protrudes. His eyelids drop slightly as his eyes take on a present yet far-away quality.

He grunts and howls before

springing from his chair and breaking into a quadruped run. He bounces around the empty studio on all fours, with "arm extensions" he developed allowing him to mimic ape-like movements. He stops suddenly, as though he's spotted a threat, and becomes even more animated, emitting loud wails of distress.

Then he's back to being human again to talk about the process. Notary aspired to compete in the Olympics while training as a gymnast at UCLA but then found work with Cirque du Soleil after graduating with a theatre degree. He came to Hollywood as a stuntman and from there, developed into a sought-after movement

Quoted

"He's like an ape Zen master. He lives in every frame that has an ape in it."

Dawn of the Planet of the Apes director Matt Reeves on Terry Notary

coach for motion-capture shots, where actors are wired and their movements captured electronically for the building of computer-generated imagery.

He created the lithe, long-limbed motions of the Na'vi in *Avatar*, taught the Silver Surfer how to ride in *Fantastic 4: Rise of the Silver Surfer* and went ape in three films, starting with Tim Burton's *Planet of the Apes* in 2001. (He performed stunts in all as well.) "I'm a good observer of movement and behaviour," the 45-year-old said. "That's what my talent is, I think."

He begins with an image of the character. For imaginary creatures, he might picture objects from nature. When conceptualizing the Na'vi, for example, he thought of reeds

swaying underwater, gracefully at ease with the energy around them. For a goblin, he thought of a piece of crumpled tin foil.

"If you throw it, it has hard edges," he said. "It's not going to be predictable. It's going to be edgy and sharp and not have any root."

To develop ape expertise, Notary hung out with a couple of chimps and spent a lot of time watching primates at the zoo, videotaping and studying their behaviour. "I just took every little video I could and dissected it into moments," he said. "And I just always watched the videos as though I was watching a person in an ape suit, playing an ape. It made me realize ... it's all in the subtleties."

Notary had six weeks to put the actors and stuntmen starring in *Dawn of the Planet of the Apes* through his ape training. The first step? Shed preconceptions and human conditioning and just "be." "It's not about doing anything, it's about undoing," he said. "If you can start to get back to the base, neutral animal that we are, you're an ape." THE ASSOCIATED PRESS



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The comedy gene runs in the family

Welcome to Sweden.

Amy Poehler's brother finds the funny side of his life in Scandinavia

Seated at a dinner table surrounded by his girlfriend's relatives on his first day in Sweden, Greg Poehler couldn't help thinking that his experience in culture shock might make a good television show or movie someday.

Flash-forward 14 years and that instinct proved true. The couple married, moved to Stockholm six years after that initial visit and have three children. And Amy Poehler's younger brother, 39, is now the writer, producer and star of NBC's summer comedy *Welcome to Sweden*, premiering Thursday (9 p.m. EDT).

The understated romantic comedy changes some details: Greg was a lawyer and his character, Bruce, manages money for stars like Amy Poehler and Will Ferrell; Bruce's in-laws are nuts and Greg's are normal.

But many of the details, like the struggle with a language barrier, are straight from Poehler's life.

"When I was writing the show, I realized that my own life was a little bit too well-adjusted and happy for us to do a true story," he said. "No one wants to watch a show where a guy moves somewhere and everything goes great, the family is very supportive. It's good for your life. It's not good for a sitcom."

His goal was a show with equal appeal for both markets,

one that would feel like an American show to Swedes and like a quirky Swedish show to Americans.

The first part worked. Poehler made the show primarily in Stockholm with Swedish actors for Swedish television, and the 10-episode season was considered a hit when it aired starting in March.

NBC had expressed interest

in the idea prior to the series being made, but didn't agree to schedule it until after the full season successfully aired in Sweden. No matter what happens this summer on NBC, success in Sweden ensures a second season will be made.

The premiere features Poehler's sister as a self-absorbed star who fires Bruce as he tells her he's quitting his

job to move to Sweden.

Greg Poehler had considered following Amy into show business until, as a 19-year-old, he visited for a weekend as she performed with a comedy troupe in Chicago. He was blown away by how good everyone was and figured he could never reach that level. Considering Amy's colleagues that weekend in-

cluded Tina Fey, Stephen Colbert and Steve Carell, perhaps he was a little hard on himself.

He took another path, marrying a fellow New York lawyer with Swedish roots. An unscratched itch led him to try performing at a Stockholm comedy club two years ago. It went well, leading him to write the show.

THE ASSOCIATED PRESS

All the best lines

"I cringe a little bit when I hear people say, 'He's not as funny as his sister' in this role. I gave her all the funny lines, as a good younger brother should."

Greg Poehler, writer, producer and star of NBC's summer comedy *Welcome to Sweden*, which features real-life sister Amy Poehler



Greg Poehler as Bruce Evans from the comedy series *Welcome to Sweden*. CONTRIBUTED

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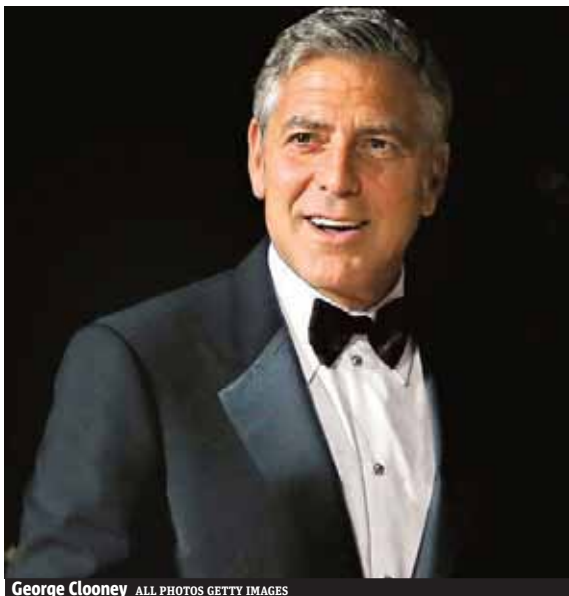


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George Clooney ALL PHOTOS GETTY IMAGES

Clooney slams 'dangerous' claims that fiancée's mother opposes marriage

Britain's Daily Mail newspaper apologized to George Clooney on Wednesday for alleging his fiancée's mother opposed the marriage on religious grounds — a story Clooney called both wrong and irresponsible.

Clooney is engaged to Beirut-born London lawyer Amal Alamuddin, whose father Ramzi belongs to a prominent Druse family. The Druse are adherents of a monotheistic religion based mainly in Lebanon, Syria and Israel.

Citing unnamed family "friends," the newspaper's MailOnline website reported this week that her

mother, Baria Alamuddin, wanted her 36-year-old daughter to marry a Druse man. It said Amal Alamuddin risked being "cast out of the community" if she wed Clooney, and claimed several women had been murdered for not abiding by strict Druse rules.

Clooney called the story "completely fabricated."

In a statement issued to USA Today, Clooney said that "to exploit religious differences where none exist is at the very least negligent and more appropriately dangerous."

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Would you let Courtney teach your preschoolers?



NED EHRBAR
Metro in Hollywood

You know what your television needs more of? Courtney Love. The singer and loveable crazy-pants will be guest-starring on the next season of Sons of Anarchy,

according to TVLine, playing a ... preschool teacher.

I mean, sure. It's not like Love is a novice actor or anything, since she's done all right for herself in movies like The People vs. Larry Flynt, Man on the Moon and Sid and Nancy. Oh, and 200 Cigarettes, if anyone remembers that flick. But ... a preschool teacher? All right, if you insist, Sons of Anarchy.

The seventh and final season of the show will also feature Marilyn Manson, so clearly they're working on a theme here.

Twitter



@DanaDelany

I have learned that mentioning abortion, gun control, climate change will lose you followers. And I'm forgetting the fourth....



@lenadunham

Ladies, some of you seem confused about how to keep a secret and I have a tip: just don't tell anyone.



@rickygervais

This won't be the first time that thousands of Germans will have to lie low in Brazil for a while for their own safety.



Eva Mendes and Ryan Gosling

A baby Gosling? Blogosphere abuzz with pregnancy rumours

Hollywood's hottest couple may be expecting. OK! magazine reports that Eva Mendes is seven months pregnant with Ryan Gosling's baby, according to a source close to Mendes.

"She's been ready

for motherhood for a while now and to be sharing this experience with Ryan is a dream come true for her," the insider tells the magazine.

Ironically, Gosling and Mendes met on the set of The Place Beyond The Pines, in which they played parents. They've been dating off and on for over three years. Neither has commented on the pregnancy, though the blogosphere is buzzing with the news.

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Picture this: 30 degrees outside, a stressful day at work, an errand to run across town before your friends want to meet at the bar. You're already hot and sticky. The last thing you want is to make your outfit "evening appropriate" by piling on accessories in the back of a cab. We round up the must-have accessories that will dress you up in one simple, stylish step.

EMILY LAURENCE
Metro World News

Bun beautifier

A 5-minute wait for the subway can turn your perfectly styled hair into a frizz-fest. Get it off your neck while actually making your hair look good by pulling it up and a bun and securing it with a floral top knot holder. You'll look bohemian-cool in 2-minutes flat.



Top Knot Holder, \$12
URBANOUTFITTERS.COM



Birkenstock Arizona
Sandals, \$120
SHOPBOP.COM

Bohemian Birks

You don't have to be into normcore to pull off Birkenstock – seriously! Pair these with a maxi or sundress and you'll be both comfortable and cute.

5

Mid-summer must-haves

Stop-traffic sunnies

Stand out in the Ray-Ban wearing mass with these funky frames. This is the stuff street style photos are made of.



Quay Penelope Sunglasses, \$47.
ASOS.COM

Irresistible earrings

Jewelry that's a mix of punk and glam makes enough of a statement where you only need one piece. These earrings by Uribe are a little pricey, but we guarantee you'll get loads of compliments and since they're so simple, you'll wear them again and again.



Uribe Gold Earrings,
\$185.64
MY-WARDROBE.COM

Sensational scrunchies

This is another life-saving hair accessory. To avoid looking like Kimmy off of Full House, opt for a bun instead of a ponytail. The colour and shimmer will make it the standout piece of your whole look.



Sequin Hair
Scrunchie,
\$12
TOPSHOP.COM

Canadian street style

Spotted in: San Juan del Sur, NI

Name: Jessica

Age:21

Occupation:
Bartender

What she's
wearing:

Hunter boots, H&M shorts,
Brandy Mellville shirt,
Forever21 army jacket, Long-

champ purse.

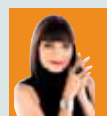
Her inspiration:

"Both Alexander Wang & Alexander McQueen inspire me. I like being comfortable; I'd say my style is a little grungy."

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Makeshift dining in tight quarters

Turn on a dine. Stylish options for a tiny condo



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

A reader asks: I am moving into a tiny condo and need occasional dining space that will seat 2-3 people. What are my options?

I suggest creating a multi-purpose area instead of dedicating space to a dining room that will rarely be used.

This will allow your dining space to do double or triple duty as a home office, an attractive display console or a storage area.

With a desk or console sitting against the wall, you can forgo hanging a light fixture and free up the centre of the room by not having to float a table in the middle of the space.

Instead of focusing on the centre of a dedicated dining space with a chandelier and rug, concentrate on the vertical wall of the dining area. A large mirror hanging over a desk or console table topped with potted orchids, and a decorative storage bench



A vintage-style desk can double as a charming place for entertaining. Garment Factory Desk, \$1300, RestorationHardware.com. RESTORATIONHARDWARE.COM

Slim picks

Consider purchasing a slim desk or console to be used for occasional dining with guests.

- When pulled out, it should be able to accommodate two to four people easily.

underneath creates an attractive vista to look at on a daily basis.

Here are a few other ideas for maximizing a dining experience within your tiny condo:

Chairs

Consider using small-scale occasional chairs from your living room area as go-to dining chairs when needed.

There are also a lot of stackable dining chairs that can be stored in a closet until needed.

Purchase a few attractive outdoor chairs (often stackable) and bring them in from a balcony when needed.

Antiques

Like the look of antiques? There are many older furniture styles such as partner's desks, tilt-top tables and drop-

leaf tables that can add old world charm yet survive in a small space. Blending antique looks within a modern apartment can make them look quite special.

Alternative options

Tray-style and tall end tables are an easy way to offer each guest their dining space while sitting in the dining or living spaces of your condo.



A library-inspired console can display books, plants and a laptop by day and seat dinner guests at night. Stanton Work Station, \$600, bombay.ca. BOMBAY.CA



A saw-horse base in metal adds an industrial-chic look to a desk/dining table. Eiffel Desk, \$800, urbanbarn.com. URBANBARN.COM

A tall side table offers up individual dining perches in the living room. VITTSJO stand table, \$25, ikea.com. IKEA.COM



How to install a sliding storage unit on a garage ceiling



Clear away garage clutter with an easy-to-install overhead sliding storage unit. ISTOCK

DIY. Tidy a messy garage by building an overhead bunker for storage totes

Cleaning out a garage can be one of the most tedious household chores. But the simple solution to organizing the clutter might have gone right over your head. An easy-to-install, sliding storage unit packs equipment in a convenient overhead bunker, and can be

constructed with basic building materials.

First, select a large, sturdy container, preferably a reinforced tote as the storage compartment. Building the storage unit will require 2x4s, plywood, a saw, a drill, a socket and ratchet set, a stud detector, and a level. Start by measuring the width of the tote's rim to determine how wide the rims of the sliding unit need to be. Measure and cut two sheets of plywood that are twice the width of the tote rim, plus another two inches to make room

for a vertical 2x4 base. Centre the plywood pieces underneath two 2x4s, creating inside and outside edges that fit the tote rim. Cut plywood strips for the top of the 2x4s that are 2 to 3 inches wider than the bottom ones for added support. Ensure both pieces are centered, and fasten the frames together with two inch screws, spacing them evenly.

Use a stud detector to carefully mark support joists in the garage ceiling. Using a level, align the two pieces of the sliding frame on the ceiling. Meas-

ure and space them apart, so that the rims of the tote fit into the unit perfectly. Attach the shelf pieces to the ceiling with temporary screws, and check

Garage Gold

Get even more solutions for that stuff in your garage in a brand new season of **Garage Gold**, with back-to-back episodes Tuesdays at 10 p.m. ET/PT on DIY Network Canada.

the placement of the frame by sliding the tote in. The rims of the tote should fit in as securely as possible, while still being able to slide. Drill four, evenly-spaced guiding holes through the frame pieces and into the joists, then use bolts to fasten it to the ceiling. Remove the temporary screws, and apply stopping screws at the ends of the unit to keep the container from falling onto the other side. Be sure that the tote isn't too heavy (200 pounds is overcapacity), and that it can be reached from the garage floor.

A room of understated beauty

Low-key luxe. Balance a subtle palette of neutral colours with a mix of rich textures and unique shapes

Paint your walls a bold colour and friends will likely praise your creativity. Invest in a standout piece of furniture or striking work of art and your decorating is bound to earn compliments. But creating a noteworthy room with subtle, understated elegance is a bit more complicated.

Understated style “rides the fine line between too sparse and too cold,” says designer Brian Patrick Flynn, creator of the FlynnsideOut design blog. “A lack of objects makes a room feel unfinished, and a lack of colour can also read of lifeless.”

But finding the right, subtle balance can be worth it. Although bold decorating has been in the spotlight for a while, a more neutral room, if well-designed, “will never become tired,” Flynn says.

“Every once in a while, it’s nice to have a space that’s just simple and clean,” he says.

How do you design a room that’s low-key and beautiful, not bland and boring?

Soften every surface

Without warm, vibrant colours, you can create warmth in understated rooms by filling them with soft, elegant

materials that look and feel appealing.

“Think of a camel cashmere sweater,” says designer Betsy Burnham of Burnham Design in Los Angeles. “It’s the simplest thing in the world,” but it’s timelessly beautiful and feels great.

Materials like cashmere, silk and “breathable fabrics such as linen or cotton blends” bring a sense of warmth and comfort, Flynn agrees.

He also recommends wood surfaces softened by white-washing, smooth stone surfaces, and “broadloom carpet that adds texture and softness underfoot.”

Use natural and artificial lighting for a soft glow. Sheer curtains can maximize daylight, while “in the evening, it’s about lamps,” says New York-based designer John Call of Mr. Call Designs.

Place lamps to evenly spread light throughout the space, eliminating bright spots and dark shadows.

Flynn also recommends dimmers to control light precisely.

Compelling shapes

In a subtle room without busy patterns or bold colours, find other ways to create interest, Call says. One strategy is using objects with interesting or intricate shapes that draw attention to workmanship and creativity.

Burnham recently designed a bedroom with a large bed that featured wood

carving, bringing some excitement to an otherwise subtle room. Flynn seeks out furniture with “interesting detail, such as fretwork or inlaid paneling.”

Contrast and layer

Monochrome doesn’t mean only one shade; mix a variety of tans, beiges and creams into a neutral room.

“I usually add several shades and tints of the same neutral tone throughout the space to give it depth,” Flynn says.

Also use a variety of contrasting textures. Silk will maximize light, Call says, while materials like linen and cashmere absorb it. So use them together: Pair a linen sofa with silk pillows, for example,



An understated living room created by Los Angeles interior designer Betsy Burnham. GREY CRAWFORD/BURNHAM DESIGN/THE ASSOCIATED PRESS

Timeless appeal

“Every once in awhile, it’s nice to have a space that’s just simple and clean.”

Designer Brian Patrick Flynn

ample, or a seagrass rug with a silk-covered chair.

“Think of what materials and shapes are missing, and then keep adding until they fit together like a puzzle,” says Flynn. “The key to a well-balanced room is a mix of natural materials.”

Eliminate what’s not special

In a subtle but striking room, “everything you do use should mean something,” Burnham says. “Either it’s an interesting

shape, or the finish is unusual or the fabric is so fine and special.”

There are fewer items, but better ones. Your coffee table may be a neutral colour and simple material, she says, but “maybe it’s a vintage coffee table that has this amazing provenance or patina.”

Eliminate items that don’t contribute much. If letting go of them is difficult, Burnham suggests this exercise: “For everything you bring in, you take two things away.”

Flynn agrees: “Editing plays a huge role in understated rooms,” he says. “In a dining room I did in Atlanta, I used all dove grey tones in the room, and every single element had highly sculptural qualities that made the play on shapes and texture the prominent story.”

THE ASSOCIATED PRESS

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Songstress still set to make it big

Idol. Kelowna-B.C. native loving Stampede after elimination in preliminary round of Talent Search

KRISTA SYLVESTER
For Metro

Some people's dreams can be found right in front of them while other people's dreams cross borders.

That's why Melissa Livingstone packed her bags, took almost two weeks off of work and bought a round-trip ticket from Kelowna, B.C., to Calgary, for the world's greatest outdoor show on Earth.

The 20-year-old aspiring singer decided she would

try her luck at the Calgary Stampede Talent Search since it's the first year the contest is open to those outside of Alberta, and even though she didn't make it to the semifinals, she said she still enjoys the Stampede.

"I love this city and everyone is so full of the country spirit and excitement. It's been a really great time," she said.

Livingstone has been singing her whole life and started playing piano at a young age before learning guitar when she was 13-years-old.



Melissa Livingstone, of Kelowna, B.C., has travelled to Calgary to take part in one of the many singing competitions that take place at the Calgary Stampede.

CANDICE WARD/FOR METRO

Since then, she's recorded two unpublished albums, but she would love to make it big in the industry some day.

"I first heard about the talent search because of how Paul Brandt was discovered. I've always wanted to

sing and it's been my dream since I was five-years-old and it kept growing stronger and stronger ever since."

After being eliminated in the competition, the young singer said she had her whole life ahead of her to achieve her goals.

"My greatest dream is to tour, record albums and be able to make a living at it," she said.

"I've been working toward this my whole life and I hope this can point me in the right direction."

The contest is like Amer-

ican Idol, where the contestants go through auditions and 25 people will make it to the semifinals, where they perform again and the final 10 contestants are selected for the finals on July 12. The contestants compete for more than \$10,000.

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The spirit of the Stampede

Q & A. Paul Brandt talks about the annual rodeo and what it means to him and his family

**CANDICE
WARD**
For Metro

Country music star Paul Brandt's career has come full circle at the Calgary Stampede. He started by winning the Talent Search contest about 20 years ago, and will now headline a show at the Saddledome as part of the Virgin Mobile Stampede Concert Series on Friday night.

Q What is your favourite part of Stampede, besides the music?

A For me, Stampede is about tradition and community. It's about being a small part of something bigger. The spirit of Stampede includes hard work, hard play, risk, fun and camaraderie at its core. I love these things, because

they are the heart of the West.

Q What is your favourite activity at the grounds to take part in with your family?

A Oh man, now that we're chasing around our kids, Stampede takes on a whole new feel. It's all about cotton candy, corn dogs, and kiddie rides. I've never been much for rides, not that they scare me — I can just take or leave them, but now it's non-negotiable. It's, "C'mon dad, we're rockin' this one!" I have ridden every ride in Kiddie Land.

Q How important is it to you for your children to have a strong connection to this event, like you do?

A My kids ask about Stampede all year

long. It's like their birthdays or Christmas in their minds, and I'm proud of that. The values that make Alberta great are what created the Calgary Stampede, and it's important to me that those traditions are passed on to the next generation.

Q What have you been working on recently?

A My "job" is about writing, observing and experiencing life, and dreaming about possibilities. It's pretty much the best career a person can have. We just launched a new single called Forever Summer on Canada Day, and the

accompanying video premiered on CMT Canada on July 4. It's my first single in a couple years, so I was pretty nervous about it, but it has been really well-received by country radio,

and has been holding its own on the iTunes charts.

The hope was to capture the spirit of summer, and we'll be announcing a contest encouraging people to send us their #foreversummer moments in pictures through social media. Entries will have a chance to be featured in the upcoming lyric video, and to come walk the "Green Carpet" with me at

the CCMA Awards Show this year in Edmonton. This business of music has changed so much since I've been in it, but for me it will always be about inspiring, entertaining, enlightening, and escaping. I am so blessed to do what I love, and whether it's rocking a stage somewhere, or using the platform to do work that helps others through The Build It Forward Foundation (builditforward.ca). I hope I get to keep doing this for the rest of my life.

Q Stampede has always been a special place for you, what does it mean to be back again as a headliner at the Saddledome during the Stampede?

A We played the Saddledome in the late '90s as a homecoming/benefit for the Alberta Children's Hospital, so it feels great to come back to this venue, especially during Stampede time. It's going to be a fun night.



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"Who doesn't love a slightly sticky, sweet and spicy chicken wing?" asks Sasha Seymour in her book *Coconut Every Day: Cooking with Nature's Miracle Superfood*,

"A few of these served with some plain brown rice and kimchi coleslaw make a great meal, and you can substitute drumsticks and thighs if you prefer them over chicken

wings for dinner."

1. Make the Marinade: In a large bowl, stir together coconut water and soy sauce. Add chicken wings, stirring

CO-OP

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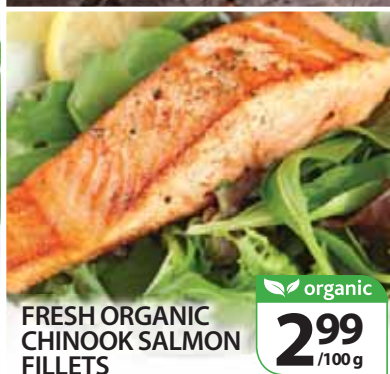
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Pricing in effect Thursday, July 10 to Sunday, July 13, 2014. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. We reserve the right to limit quantities. GST is extra where applicable.



to coat. Cover and refrigerate for at least 1 hour or up to 4 hours.

2. Make the Glaze: In a small bowl, combine tamari sauce, coconut sugar, coconut vinegar, and cayenne. Stir until well mixed.

3. Preheat oven to 400 F (200 C) (or preheat grill to medium-low and lightly oil grill).

4. Remove wings from marinade and roast on a parchment-lined baking sheet (or grill), flipping and basting wings with glaze about 4 times, until wings are cooked, 35 to 40 minutes. Let rest for about 10 minutes before serving.

FROM COCONUT EVERY DAY: COOKING WITH NATURE'S MIRACLE SUPERFOOD. COPYRIGHT SASHA SEYMOUR, 2014. REPRINTED BY PERMISSION OF PENGUIN CANADA BOOKS INC.

Ingredients

• 1 1/2 lb (675 g) chicken wings
For the marinade
1 1/2 cups (375 ml) unsweetened coconut water
1/4 cup (60 ml) soy sauce (gluten-free, if required)

For the glaze
1/4 cup (60 ml) tamari soy sauce (gluten-free, if required)
2 tbsp (30 ml) coconut sugar
1 tsp (5 ml) coconut vinegar
1/2 tsp (2 ml) cayenne pepper

Cookbook of the Week

Meet nature's coolest superfood



Coconut is rich in healthy fats, high in fibre and low in carbohydrates. It grabs the spotlight in Sasha Seymour's *Coconut Every Day*. The book shows readers how to incorporate the superfood into 100 of their favourite everyday recipes. It features coconut in all its forms — water, milk, oil, gluten-free flour, sugar and more — in everything from salads and soups to main dishes and desserts. Among included recipes are Cauliflower Soup, Curried Chicken Salad, Shepherd's Pie, Coconut Cream Pie and more. **METRO**

NBA

Raging Sterling says he'll never sell team

A raging Donald Sterling denounced his wife, her lawyers and the NBA from the witness stand Wednesday, saying he would never sell the Los Angeles Clippers and vowing a lifetime of lawsuits against the league.

"Make no mistake today," Sterling shouted toward the end of his second day of testimony in the trial to determine his wife's right to make a \$2 billion deal to sell the Clippers. "I will never, ever sell this team and until I die I will be suing the NBA for this terrible violation under antitrust."

He was followed to the stand by wife Shelly, who tried to approach him in the front row of the courtroom after she was done for the day.

"Get away from me, you pig!" Sterling shouted.

THE ASSOCIATED PRESS

CFL

Riders sign former top Canadian

The Saskatchewan Roughriders signed running back Jerome Messam on Wednesday and added defensive back Ciente Evans to their practice roster.

The six-foot-three, 245-pound Messam is a four-year CFL veteran. The 29-year-old Toronto native had 565 rushing yards on 121 carries last season with the Montreal Alouettes.

Messam had an all-star season with the Edmonton Eskimos in 2011. He rushed for 1,057 yards and was named the CFL's Most Outstanding Canadian.

THE CANADIAN PRESS

Argentina crushes Oranje's title hopes

World Cup final set.

La Albiceleste to take on Germany after winning semifinal match on penalty kicks

The World Cup's second semifinal was supposed to put the silky skills of Lionel Messi and Arjen Robben in the spotlight. Instead, a goalkeeper and two rock-solid defences stole the show.

Argentina goalie Sergio Romero saved two penalties Wednesday to send Argentina into the World Cup final with a 4-2 shootout win over the Netherlands after tough defending and a lack of creative spark from either team consigned the match to a 0-0 stalemate.

In a twist of fate, Romero credited Netherlands coach Louis van Gaal with helping launch his career when he arrived as an inexperienced youngster at AZ Alkmaar in the Dutch league.

"I will be forever grateful to the coach for helping me out in a country that is so different from ours," Romero said.

A day after Germany lit up the World Cup with its clinical 7-1 destruction of host Brazil, the Dutch and Argentines could not manage a goal between them in 120 minutes before the shootout.

Messi, widely regarded as one of the greatest players of all time, will have to play far better in Sunday's final at Rio de Janeiro's Maracana Stadium if he is to engineer a win over



Lionel Messi of Argentina celebrates defeating the Netherlands on Wednesday in Sao Paulo, Brazil. CLIVE ROSE/GETTY IMAGES

Semifinal	
0 (4)	0 (2)
Argentina	Netherlands

the powerful German team. The Barcelona star was muted throughout the match and extra time, rarely managing to shake off his markers.

At the Itaquero Stadium, he was overshadowed by his goalkeeper and the man he

replaced as Argentina captain, Javier Mascherano, who bossed the midfield for his team the way surprise starter Nigel de Jong did for the Dutch.

When Robben looked like deciding the match in stoppage time, Mascherano's perfectly timed sliding tackle blocked his shot at the near post.

Romero — thought to be a weak link for Argentina and not even a starter for his Monaco club most of last season — had almost nothing to do during the match, but blocked penalties by Ron Vlaar and Wesley Sneijder in the shootout. For Argentina, Messi,

AUGMENTED REALITY

→ Scan the image with the Metro News app to view more images of Wednesday's semifinal.

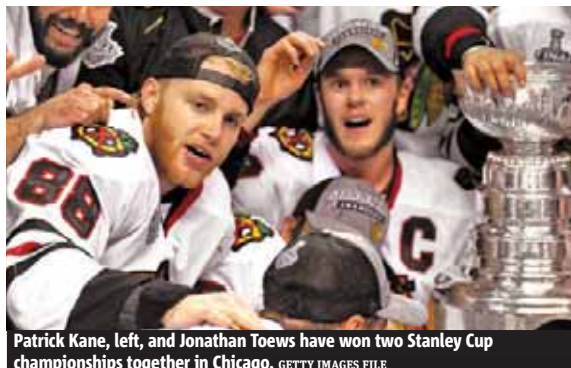
→ See the full instructions on Metro's Voices page.



Ezequiel Garay, Sergio Aguero and Maxi Rodriguez all converted their spot kicks.

THE ASSOCIATED PRESS

Blackhawks lock up Kane and Toews



Patrick Kane, left, and Jonathan Toews have won two Stanley Cup championships together in Chicago. GETTY IMAGES FILE

This was a no-brainer from start to finish. Jonathan Toews and Patrick Kane wanted to stay in Chicago and the Blackhawks wanted to keep the high-scoring forwards in the only NHL uniform they have ever known.

All that was left was crunching the numbers on two of the biggest contracts in franchise history.

The Blackhawks announced Wednesday they had reached eight-year extensions with two of their top performers in a long run of success that includes Stanley Cup titles in

Massive deals

\$84M

Both contracts are worth \$84 million for an average annual value of \$10.5 million, according to a person familiar with the deals.

2010 and 2013. Toews and Kane led Chicago back to the Western Conference final this year, where it lost to the eventual champion Los Angeles Kings.

General manager Stan Bowman said all along that the

extensions were his biggest off-season priority, and it didn't take very long to reach the agreements with Pat Brisson, who represents both players. Toews and Kane each have one year left on their five-year extensions from December 2009, and July 1 was the first day they could sign new deals.

"There's nothing we want more as players than to continue to win Stanley Cups for the best hockey fans on the planet," Toews said in a statement released by the team.

THE ASSOCIATED PRESS

4 SPORTS

Angels' power brings Blue Jays back down to earth

MLB. Pujols hits two-run homer in the seventh to lead Los Angeles to victory

As long as they have Albert Pujols at the plate in a clutch situation, the Los Angeles Angels are confident they can win any close game they trail in the late innings.

Pujols hit a go-ahead, two-run homer in the seventh inning Wednesday and Kole Calhoun also connected, leading the Angels to an 8-7 victory over the Toronto Blue Jays.

Los Angeles took the rubber match of the three-game series after starter C.J. Wilson was chased in the fourth inning.

"This team is finding ways to win, and we're not out of



The Angels' Albert Pujols watches the flight of his two-run home run against the Blue Jays on Wednesday. JAE C. HONG/THE ASSOCIATED PRESS

it until the game's over," Calhoun said. "The bullpen came in and did a great job keeping us in the ball game after the starting pitching didn't go as deep as they've usually been

going. We came out and swung the bats and got enough runs to win."

The Blue Jays took a 7-6 lead in the sixth on Dioner Navarro's two-out RBI single against Fernando Salas, making his second appearance since coming off the disabled list after missing 19 games because of inflammation in his shoulder.

Pujols responded with a drive that hit the top of the centre-field fence beyond the outstretched glove of Colby Rasmus and bounced over for his 20th homer of the season and 512th of his career, tying Ernie Banks and Eddie Mathews for 21st place all-time. It scored Mike Trout.

The homer was the first allowed by Aaron Loup (2-2) this season after 43-1/3 innings.

THE ASSOCIATED PRESS



Dutch get a win ... in France

The Netherlands' Lars Boom crosses the finish line at the Tour de France on Wednesday. Boom won a chaotic, crash-marred fifth stage marked by the withdrawal of defending champion Chris Froome after his second fall in two days. Overall, Vincenzo Nibali leads Astana teammate Jakob Fuglsang by two seconds. LIONEL BONAVENTURE/AFP/GETTY IMAGES

NBA

Spurs bring back Pop without much circumstance

While the rest of the NBA world waits in limbo for LeBron James and Carmelo Anthony to decide where they are going to play next season, the San Antonio Spurs just keep quietly making sure the band is getting back together for another title run.

In the middle of the James hysteria on Wednesday, the Spurs issued a two-sentence press release announcing that coach Gregg Popovich had agreed to a multi-year contract extension. Terms of the deal were not disclosed.

After beating the Miami Heat for the title last month, the Spurs quickly found out that Tim Duncan would indeed return next season. Deals with Patty Mills and Boris Diaw ensured the roster would remain largely intact, leaving little doubt the 65-year-old Popovich would return for a 19th season on the Spurs bench. THE ASSOCIATED PRESS

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Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Steer clear of others' feuds today because if you get involved, you will regret it over the weekend. There are rights and wrongs on both sides.

♉ Taurus

April 21 - May 21

You like things to be in their proper place but some people enjoy making a mess to annoy you. You know who they are. Stay out of their way today.

♊ Gemini

May 22 - June 21

Try not to come across as too assertive or aggressive. A lot over the next few days will depend on your ability to meet others halfway, especially in areas where money at stake.

♋ Cancer

June 22 - July 23

Some things happen whether we like it or not and the approaching full moon is sure to highlight that. Things could, of course, be worse, so smile.

♌ Leo

July 24 - Aug. 23

You love your freedom but you have responsibilities like everyone else and over the next few days you will have to do your duty. Social activities will have to take second place.

♍ Virgo

Aug. 24 - Sept. 23

There are times when you wonder if certain people are really on your side and it may tempt you to go it alone. But that is not a good idea. You are going to need allies.

♎ Libra

Sept. 24 - Oct. 23

Someone in a position of power likes you but if you take that as a sign that you can do as you please, you're sadly mistaken.

♏ Scorpio

Oct. 24 - Nov. 22

There is no point making a fuss today, not even if you can prove you have been hard done by. Sometimes we have to take what we're given and make the best of it. It's one of those times.

♐ Sagittarius

Nov. 23 - Dec. 21

This should be a lucky day but a lot will depend on common sense, especially where money is concerned. Put your interests first but be aware that your interests and others' are similar.

♑ Capricorn

Dec. 22 - Jan. 20

Although the approaching full moon is making you anxious everything will turn out right in the end. The so-called "bad" things that happen are challenges that help you grow.

♒ Aquarius

Jan. 21 - Feb. 19

Don't argue with people who clearly do not know what they are talking about. Over the next 24 hours, focus on your work, your family and your ambitions.

♓ Pisces

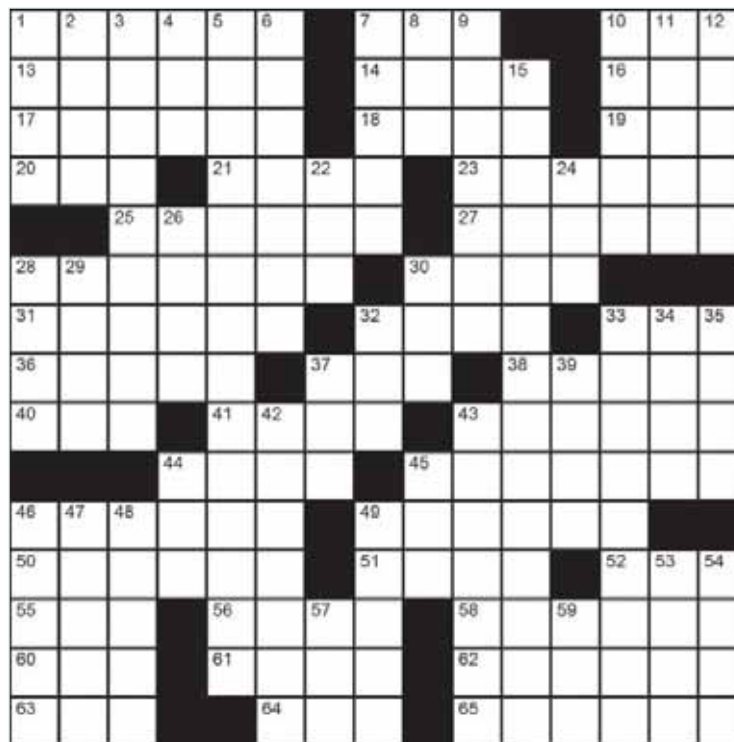
Feb. 20 - March 20

With the Sun and Jupiter moving through the most dynamic area of your chart there is precious little you can't do, but you'll do it better as part of a team.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Fare from Margaret Atwood and Mordecai Richler
7. Mr. Carrey
10. Undergarment, commonly
13. Make more money, get ____
14. Some: 2 wds.
16. CD-____
17. "Stick to Your ____" by Maestro Fresh Wes
18. Lettered-land 'til 1991
19. Classic range cooker company
20. Old English letter
21. Reclined
23. ____ XM Canada Inc. (Satellite radio)
25. Feasible
27. Apple songs
28. Saliva
30. Blood carrier
31. "Let me check into that...": 2 wds.
32. Notify of risk
33. Boxing blow
36. Soup or ____ (Restaurant option)
37. Mr. Aykroyd
38. Offenbach ballet, ____ Parisienne



51. Lion's share
52. Puny path
55. Iron ____
56. Lightbulb locale
58. Doug and the Slugs hit: 2 wds.
60. Assembled
61. Armoured police team letters
62. Prevail

63. Bambi's aunt
64. Dodgy
65. 1980s President

Down

1. Give in
2. Desert's climate
3. Song by part-Canadian band The Lovin'

- Spoonful: "____ Cats"
4. Gladiator's 52
5. When all the music is stripped away from a track leaving only singing, that's known as what?: 2 wds.
6. Well-grounded, as a theory
7. Coldplay song ...en

- francais
8. Possibilities
9. Edmonton-born hockey great Mark
10. Cranium's content
11. Rapscallion
12. Collect
15. Prehistoric rock art site in Alberta, ____ - ____ Provincial Park

22. Quebec: ____ de Montreal
24. Campaign
26. "____ sign!"
28. k.d. lang and the ____ Boom Bang
29. Dish of the day, ____ du jour
30. Bran 3000 connector
32. Bundle of bills
33. Lively wartime dance style
34. To ____ (Just right)
35. Mr. Mulroney's
37. Carried out
39. Jai's sporty friend
42. Felons
43. 2009 Lady Gaga album: 'The Fame ____'
44. Swimmer's length
45. ____ volente (God willing)
46. "____ in peace."
47. Edmonton-born singer/songwriter Ms. Ord
48. ____-porter (Ready-to-wear)
49. Not full
53. Ms. Reid
54. Shangri-la
57. Seasickness, ____ de mer
59. Harem room

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

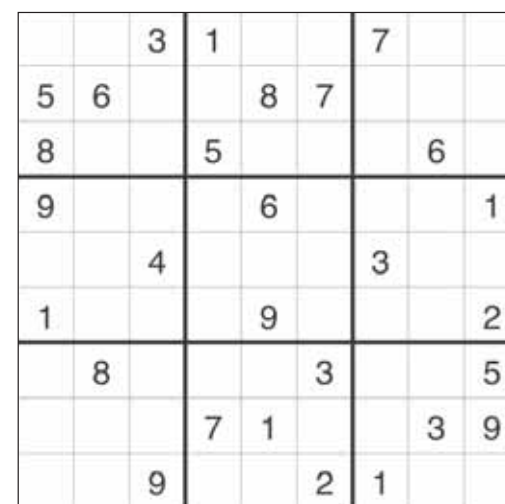


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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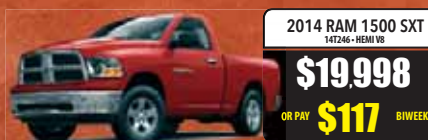


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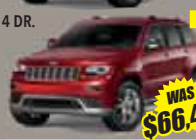
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